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Functional Nutrition Is A New Concept Of A Healthy Lifestyle

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Abstract:

In this article, it is reported that in developed countries, healthy nutrition has risen to the level of public policy, which ensures the growth and development of children, contributes to the prevention of diseases, increases productivity and prolongs the life of people, and its imbalance, on the contrary, leads to many health problems.

Keywords and phrases: healthy eating, public policy, children's growth, development, disease prevention, productivity, people's life imbalance, health problems.

INTRODUCTION.

In recent years, a new direction — functional nutrition has formed in the science of nutrition, which includes the development of theoretical foundations, production, sale and consumption of functional food products. Is the concept of functional foods an urgent task for the modern food industry or is it « science for science »?

LITERATURE ANALYSIS AND METHODOLOGY.

In developed countries, healthy eating has been elevated to the rank of public policy. And this is no coincidence. It has been proven that proper nutrition ensures the growth and development of children, contributes to the prevention of diseases, improving working capacity and prolonging the life of people, while unbalanced, on the contrary, leads to many health problems.

Medical studies have shown that in recent years, the consumption of food sources of energy and protein (is declining, especially among low-income groups). At the same time, many obese people were identified, which is a consequence of metabolic disorders. Life expectancy has decreased: today for men it is 57 years, for women — 72 years. The number of elderly diseases has noticeably increased, the prerequisites for which accumulate throughout a person's life: cardiovascular diseases, cancer, diabetes, stroke, cataracts and glaucoma, osteoporosis, some diseases of the brain and nervous system, for example, Parkinson's disease, etc. Of particular concern are cardiovascular and oncological diseases.

According to RAMN academician Viktor Tutelian, the health of a modern person is largely determined by the nature, level and structure of nutrition, which have a number of very serious violations. Violation of the nutritional structure — the main factor causing irreparable, several times stronger than environmental pollution, damage to our health. It is for this reason that 70% of the Russian population determines the deficiency of vitamin C, 40% — the deficit of â-carotene and vitamin A, in almost a third of the population — vitamins B-complex, and absolutely everyone has a — selenium mineral.

In addition to the micronutrient deficiency, which affects all segments of the population, research results indicate chronic protein deficiency in nutrition are very alarming, especially in childhood and old age. This in recent years has caused the spread of alimentary-dependent diseases already in childhood and adolescence: — rickets and hypotrophy 2 times, anemia — 1.5 times, endocrine pathology — 1.5 times. It is also alarming that over the past 10 years, the prevalence of diseases of

digestive system among schoolchildren has increased by 3.3 times, which is also directly related to defects in nutrition

DISCUSSION AND RESULTS.

Scientists have found that such diseases are largely associated with an unbalanced diet and often depend on the addictions of an individual in food. It has been proven that some foods when consumed in large quantities can affect many of the vital functions of the body and, together with bad habits, hereditary predisposition and environmental disadvantage, contribute to the occurrence of diseases.

The reason is the content of substances at risk in food products. Cholesterol contributes to the occurrence of cardiovascular diseases; carcinogens (nitrosins and polycyclic hydrocarbons contained in smoked meats) are dangerous for the lungs, the appearance of diabetes provokes glucose, stroke — table salt and saturated fatty acids, etc. d.

Of course, antagonists — « healthy » food ingredients are well known. Long-term studies have shown that some diseases can be prevented with their help, others — delay or facilitate their course. For example, vitamins — antioxidants C and E, carotenoids, flavonoids, some inorganic elements, edible fibers are opposed to cardiovascular diseases. The use of vitamin C allows you to protect the body from stomach cancer, and beta-carotene — from lung cancer. Osteoporoses can be prevented by introducing products containing calcium and vitamins such as K, C, B6 and boron element into the diet. And yet this is clearly not enough.

Therefore, in recent years, a new direction — the concept of functional nutrition has formed in the science of nutrition, which includes the development of theoretical foundations, production, sale and consumption of functional food products (FPP). The production of FPP is an urgent task for the modern food industry. Today, in many countries, work is underway to create new FPP products with both a wide range of applications and a point focus on a specific organ, biotype, system, disease. Moreover, the creation of the FPP and their introduction into production is one of the areas of the humanistic human nutrition program proclaimed by the UN.

In developed countries of the world, such as Japan, England, the USA, Germany, France, etc., targeted national programs for improving the population are being implemented through the development and organization of food component production, adjusting the biochemical composition of mass-consumption food products. For example, in Japan, the production of functional nutrition has acquired a strategic focus. In general, the foreign market of the FPP annually increases by an average of 15-30%. According to forecasts of leading experts in the world in the field of nutrition and medicine, in the next 15-20 years the share of these products in the food market will reach more than 30%, while crowding out by 35-50% from the scope of implementation many traditional medicines. What is not surprising: today 40-60% of North Americans and Japanese, as well as about 32% Western European residents instead of traditional medicines to strengthen and restore health use biologically active nutritional supplements and functional foods.

Future concept

The concept of FP in Europe began to develop since the mid-90s of the twentieth century. In 1995 — 1998, a final document was developed, called « Scientific Concept of Functional Food in Europe » (Scientific Concepts of Functions Food in Europe). This document presents a generalized opinion of European experts on the problem of functional nutrition, including terminological, technological aspects, development prospects of this area of the food industry, etc.

Currently, Russia also has legislative prerequisites for the development of functional food products. The country has federal laws (technical regulations), national and interstate standards that are necessary for state regulation of the production and circulation of a group of specialized products.

So, in 2005, the national standard GOST R 52349-2005 « Food products was published. Food functional products. Terms and definitions ». According to this standard, the functional food product — is a food product designed for the systematic use of food rations by all age groups of a healthy population, reducing the risk of developing diseases associated with nutrition, preserving and improving health due to the presence of physiologically functional food ingredients in its composition.

In other words, functional foods — are a special group that does not belong to the category of medicines and medicinal food, although it is used to improve the functioning of the body's systems and increase human health. Therefore, they occupy an intermediate place between ordinary products manufactured using traditional technology and medical food.

The concentrations of the functional ingredients present in the functional products and having a regulatory effect on the human body are close to the optimal, physiological, and therefore such products can be taken indefinitely. Based on this, a food product can be classified as functional if the content of a bio-usable functional ingredient in it is within 10-50% of the average daily requirement for the corresponding nutrient.

The FPP may include dietary, therapeutic, herodic food, food for children, athletes, astronauts, people working in extreme conditions, etc. Dietary, prophylactic nutrition or diet therapy include foods used for various diseases, which, together with medical measures, help restore the vital functions of the patient’s body. Products included in diets make up a daily diet with a specific therapeutic purpose.

The main attention in the development and creation of functional food products is given to the biomedical requirements for the developed products, ingredients and additives that are part of them.

In addition to biomedical requirements for functional food products, a prerequisite for their creation is the development of recommendations for use or clinical testing. For example, for dietary foods, clinical trials are not required, and clinical testing is mandatory for medicinal products.

Also, in the production of functional products according to GOST 55577 – 2013, the manufacturer on the label should provide information on the distinctive features and effectiveness of the product, containing information about the expected beneficial effect on the state of the human body and the functional ingredients that make up the product.

CONCLUSION.

It is also worth noting the interesting work on the development of functional paste technology for children over three years old suffering from gastrointestinal diseases. The product has a regenerating therapeutic effect due to the presence of peptides with tissue-specific effects. The paste not only contains the main functional ingredients, but also low levels of salt and fat.

Functional products are mainly related to the upper price segment. The high price is due not only to additional useful properties: their promotion is impossible without competent information support, because useful properties should be understood by the consumer, and work in this direction increases the costs of the manufacturer. They are aimed at consumers who are looking for additional benefits in the product and are ready to pay more for it.

Currently, work is underway with « High Technologies in Medicine » to introduce paste into production for children over three years old suffering from gastrointestinal diseases.

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